

How To Enhance Natural Beauty Without Wearing Make Up

For most women, wearing make up has become as normal as wearing clothes. Recently, women are starting look to other ways of displaying their natural beauty. Because women often cover up their natural beauty, it can seem like difficult trying to tap into methods of enhancing beauty naturally without relying on make up.

The following methods outline all natural beauty enhancements that will make a woman look and feel good:

Eat a Healthy and Well Balanced Diet: Nutritious foods not only make you feel good, but also makes you look good. Foods rich in vitamins, minerals, and antioxidants will improve your skins appearance. You will return to a natural shiny and conditions such as acne will clear up. Your skin will feel smooth and soft. Drinking 8 glasses of water a day will help flush out toxins and replenish your skins elasticity.

Get Plenty of Exercise: Not only will exercise improve physical health and mood, it will also add a shiny glow to your face. Your self esteem will be boosted and your natural beauty will shine through.

Reduce Stress: Unfortunately, our busy lifestyles create a lot of stress. This can take a toll on our health and skin. Engage in activities that reduce stress. This can include: walking, jogging, yoga, getting a massage etc. Not only will it reduce stress, but it can help reduce the signs of aging.

Skin Cleansers: Cleaning your face with natural cleansers will help remove dirt, bacteria, and dirt. It will also help restore your skins natural healthy condition. Using an exfoliator will also clean out dirt, bacteria, and debris

Skin Moisturizers: [face moisturizers](#) with organic ingredients will help rejuvenate your skin leaving it smooth and soft. You will look younger and healthier. It will also help clear up dry and flaky skin revealing a much healthier shine. A tinted moisturizer will provide a natural look.

Facial Cleansing Mask: Use a deep cleansing facial mask once a week. These masks will penetrate deep into the pores to remove dirt, bacteria, and other impurities. Use a clay mask for oily skin and a gel mask for dry skin or [sensitive skin](#). Cleansing masks help the skin achieve a healthy glow.

Sleep: Getting a full nights sleep will help restore the skin and eliminate any puffiness or dark circles under the eyes.

Talcum Powder: Apply just a small amount of Talcum powder on your face. This will help bring out the natural beauty and make sure that oily skin does not accumulate

Lip Care: Wash your lips to remove any dead skin. Butter or an organic lip moisturizer will keep your lips smooth and soft.

Eyebrows and Eyelashes: Shape and curl eyelashes and eyebrows to a give a natural groomed appearance.

New Haircut: Getting a cute new haircut will help add some spice to your look. Look in hair magazines or talk to your hairstylist.

New Wardrobe: Go on a mini shopping spree and add some flash to your traditional clothes.

Make up enhances beauty, but natural beauty is a priceless gift. A woman can look beautiful even without make up. There are such a wide range of things women can do to bring out their natural beauty without using make up. Once you bring out your natural beauty, you may be pleasantly surprised to see your inner beauty shine through.

About the Author

Featuring, organic [sunscreens](#) and natural products for face, body and hair. View our line of [mineral makeup](#) for natural looking beauty.

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